

## **Title page - Electronic supplementary material**

### **Article title**

Urinary incontinence in competitive women powerlifters: A cross-sectional survey

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## Urinary incontinence in competitive women powerlifters survey

- Q1 Do you currently compete in three lift powerlifting meets at a local, national or international level?
- Q2 Please nominate your year of birth
- Q3 How many years have you participated in ANY type of strength/weight training?
- Q4 How many years have you been powerlifting?
- Q5 What is your current body weight in kilograms?
- Q6 What is your height in centimeters?
- Q7 What is your best ever three lift competition total in kilograms?
- Q8 Have you ever had a pelvic floor assessment?
- Q9 How confident are you in your ability to perform pelvic floor exercises?
- Q10 Have you ever given birth?
- Q11 Number of births?
- Q12 Did the births occur before or after you started Powerlifting?
- Q13 Were your births vaginal or cesarean sections?
- Q14 Were any of your vaginal births instrumental births?
- Q15 What type of instrumental births were they? If you have had both types please select both.
- Q16 Did your instrumental birth occur before or after commencing powerlifting?
- Q17 Have you had any urogenital (reproductive organs or urinary system) surgery?
- Q18 Did you have your surgery before or after commencing powerlifting?
- Q19 Do you or have you ever suffered from urinary incontinence?
- Q20 Did you suffer from any form of urinary incontinence before powerlifting?
- Q21 Have your symptoms improved, stayed the same or gotten worse as your lifting age has increased?
- Q22 When is your incontinence worse?
- Q23 Do you experience urinary incontinence during training?
- Q24 Do you experience urinary incontinence outside training time?
- Q25 Do you ever experience urinary incontinence when competing?
- Q26 Do you ever experience urinary incontinence during a max effort lift in competition?
- Q27 Do you ever experience urinary incontinence during a max effort lift in training?
- Q28 Do you ever experience incontinence during high repetition sets?
- Q29 Is urine leakage more likely to occur at the end of the set?
- Q30 Which activities cause urine leakage?
- Q31 Do sumo deadlifts cause more urine leakage than conventional deadlifts?
- Q32 Does wearing a belt make your incontinence worse?
- Q33 Does anything else make your incontinence worse?
- Q34 What practices do you engage in to control the possibility of urine leakage?
- Q35 Have you experienced any urine leakage in the last three months?
- Q36 How much urine do you lose each time?
- Q37 Are there any other comments you would like to make?